



# The Proven Pegan Challenge: Its Concept and Benefits Plus 42 Awesome Recipes for Super Health

*Sandra Webb*

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With the number of diet plans floating around out there, it can get very difficult to choose which one to follow. A lot of times we end up liking some components from a variety of diets, but find the restrictions of the diets to be deal breakers. In such cases we often wish to choose some parts of a particular and some parts of another and combine them into one diet plan that suits our purpose.

This is exactly what the proponents of the Pegan Diet had in mind when they came up with it! They combined the advantageous properties and the healthiest qualities of two of the most difficult diet plan to follow- the Paleo Diet & the Vegan Diet.

But, how can someone combine the meat rich Paleo diet with the extremely strict animal free Vegan diet?

Well, it has been done and the combination of the diets has resulted in a dynamic and an exceptionally sustainable diet plan that has been endorsed by nutritionists and doctors around the world.

So, what exactly does the Pegan diet entail and what are its rules? Read on to know!

I would like to take this opportunity to thank you for purchasing this book and I hope that you find the content of this book interesting, helpful and useful!

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